

















Figure 1. Examples of workstations used in the study. Note: The first two rows show the same setup, while the third row shows a different setup.

workstation, the height of the desk was set at 75 cm, which is the average height of the subjects' desks at their home.

For the second setup, the height of the desk was set at 75 cm, and the height of the chair was set at 45 cm, which is the average height of the subjects' chairs at their home.

For the third setup, the height of the desk was set at 75 cm, and the height of the chair was set at 45 cm, which is the average height of the subjects' chairs at their home.

For the fourth setup, the height of the desk was set at 75 cm, and the height of the chair was set at 45 cm, which is the average height of the subjects' chairs at their home.

For the fifth setup, the height of the desk was set at 75 cm, and the height of the chair was set at 45 cm, which is the average height of the subjects' chairs at their home.

For the sixth setup, the height of the desk was set at 75 cm, and the height of the chair was set at 45 cm, which is the average height of the subjects' chairs at their home.

For the seventh setup, the height of the desk was set at 75 cm, and the height of the chair was set at 45 cm, which is the average height of the subjects' chairs at their home.

For the eighth setup, the height of the desk was set at 75 cm, and the height of the chair was set at 45 cm, which is the average height of the subjects' chairs at their home.

For the ninth setup, the height of the desk was set at 75 cm, and the height of the chair was set at 45 cm, which is the average height of the subjects' chairs at their home.

For the tenth setup, the height of the desk was set at 75 cm, and the height of the chair was set at 45 cm, which is the average height of the subjects' chairs at their home.

For the eleventh setup, the height of the desk was set at 75 cm, and the height of the chair was set at 45 cm, which is the average height of the subjects' chairs at their home.

For the twelfth setup, the height of the desk was set at 75 cm, and the height of the chair was set at 45 cm, which is the average height of the subjects' chairs at their home.

For the thirteenth setup, the height of the desk was set at 75 cm, and the height of the chair was set at 45 cm, which is the average height of the subjects' chairs at their home.

For the fourteenth setup, the height of the desk was set at 75 cm, and the height of the chair was set at 45 cm, which is the average height of the subjects' chairs at their home.

For the fifteenth setup, the height of the desk was set at 75 cm, and the height of the chair was set at 45 cm, which is the average height of the subjects' chairs at their home.

For the sixteenth setup, the height of the desk was set at 75 cm, and the height of the chair was set at 45 cm, which is the average height of the subjects' chairs at their home.

For the seventeenth setup, the height of the desk was set at 75 cm, and the height of the chair was set at 45 cm, which is the average height of the subjects' chairs at their home.

For the eighteenth setup, the height of the desk was set at 75 cm, and the height of the chair was set at 45 cm, which is the average height of the subjects' chairs at their home.

For the nineteenth setup, the height of the desk was set at 75 cm, and the height of the chair was set at 45 cm, which is the average height of the subjects' chairs at their home.



